



# **Kingsport Senior Center News**

**January 2015**

**Volume XXIII Edition 1**

**1200 East Center Street  
Kingsport, Tennessee 37660**

## ♥ Candlelight Dinner ♥

**Thursday, February 12, 2015**

**Room 310**

**5:30p.m.-7:00p.m.**

**Cost: \$12.00 at sign up**

**Catered by Food City**

**Entertainment: Bill Donoho**

**Sign up begins**

**January 12**

## Center News

### **Open Door Policy**

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments,, and questions from members.

### **Kingsport Senior Center Refund Policy**

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

**The Kingsport Senior Center is located at  
1200 E. Center Street at the Renaissance Center.**

**For more information call the Center at (423) 392-8400**

**<http://seniors.kingsporttn.gov>**

### **Center Hours**

**Monday thru Friday 8:00am ~ 7:00pm  
Saturday 9:00am ~ Noon**

**Lynn View Senior Center Branch Site  
257 Walker Street  
Kingsport, TN 37665  
(423) 765-9047**

**\*NEW\* Hours: 9am to 2pm - Monday-Wednesday  
Closed: Thursday and Friday  
(See Branch Site Page for more information)**

**\*The Exercise Room and Computer Lab will close  
15 minutes prior to the closing of the Center.**

**Membership Dues  
For Fiscal Year  
July 1, 2014-June 30, 2015**

\$15 ~ Kingsport Residents  
\$35 ~ Sullivan County Residents  
\$60 ~ Out-of-County Residents

**Must be at least 50 years of age to join.**

**"The Fun Begins at 50!"**

### **Kingsport Senior Center Staff**

Director ~ Shirley Buchanan  
shirleybuchanan@kingsporttn.gov  
392-8403

Branch Coordinator ~ Cindy Price  
cindyprice@kingsporttn.gov  
392-8402

Lori Calhoun ~ Secretary  
loricalhoun@kingsporttn.gov  
392-8400 **FAX 224-2488**

Wellness Coordinator ~ Kevin Lytle  
kevinlytle@kingsporttn.gov  
392-8407

Program Leader ~ Michelle Tolbert  
michelletolbert@kingsporttn.gov  
392-8404

Program Leader ~ Marlana Williams  
marlanawilliams@kingsporttn.gov  
392-8405

Program Assistant ~ Jane Whitson  
janewhitson@kingsporttn.gov  
392-8406

Program Assistant ~ Amber Quillen  
amberquillen@kingsporttn.gov  
343-9713

Branch Program Assistant ~ Patti Blackwell  
765-9047

Nutrition Site Manager ~ Rosanna Thacker  
246-8060

# WELLNESS

## WELLNESS SEMINARS

**The Sweet Spot:** Ashley Bates with Cave’s Drug Store will be at the Center on **Tuesday, January 13, 2015** at 12:30 pm in the Card Room. Topic of discussion will be “The Sweet Spot, Diabetes Education for Everyday Living”: This seminar will cover the essentials of living with diabetes, including neuropathy, healthy eating, preventing diabetes complications and more.

**Heart Disease in Women:** Amy Lawrence, D.O. with ETSU Family Medicine will be at the Center on **Tuesday, January 20, 2015** at 12:30 pm in the Card Room. Topic of discussion will be “Heart Disease in Women”: This seminar will cover risk factors, symptoms, and prevention of heart disease in women. This is an event you will not want to miss, so mark your calendar and plan to attend!

## Tennessee Lady Vols Basketballs

Come join us as we travel to Knoxville on **Sunday, February 15, 2015** for the Lady Vols vs. Kentucky, (**LIVE PINK, BLEED ORANGE GAME**). This game we will be seating in **Section 130**. Cost is \$38.50, which includes your ticket and transportation. We will depart the Senior Center at 9:45 am with lunch on your own at Puleo’s Grille in Strawberry Plains. We have 45 tickets available and a (2) ticket limit per person, sign-ups begin Wednesday, January 14, 2015, so mark your calendar!

## Woodshop Special Project Class

Gary Albertson, Johnny Clark, and Ron Russum will be teaching a Woodshop Special Projects Class on Thursday and Friday for 4 weeks from 9:00 am to 1:00 pm starting **February 12, 2015 to March 6, 2015** in the woodshop. You will have the choice of any three items a Bird House, Cutting Board, Platter, or Turn-A-Bowl made with Hickory, Maple, or Walnut wood. Cost is \$100.00, which covers all your materials; with half due on the first day of class paid to the instructor and the final payment is due on the last day. Sign-up’s will start on Monday, January 12, 2015. We must have a minimum of 8 sign up for class to be held.

## Woodshop Hours & Safety Class

Woodshop hours of operation are Monday, Tuesday, and Wednesday from 8:30 am to 3:00 pm. Woodshop safety class is held every 1st Monday of the month in the Woodshop from 9:00 am to 11:30 am, the Woodshop will open at 12:00 noon the day of safety class. The Woodshop safety class is mandatory if you want to use the equipment, sign up in the office to take the safety class.

## Hope Quote of the Month

*My great hope is to laugh as much as I cry; to get my work done and try to love somebody and have the courage to accept the love in return. ~ Maya Angelou*

## STEPPING ON

Stepping On is a program that has been researched and proven to reduce falls in older people. It consists of a workshop that meets for two hours a week for seven weeks. Workshops are led by a health professional and a peer leader-someone who, just like you, is concerned about falls. In addition, local guest experts provide information on exercise, vision, safety, and medications.

**Topics include:** \*Simple and fun balance and strength training \*The role vision plays in keeping your balance \*How medications can contribute to falls \*Ways to keep from falling when out in your community \*What to look for in safe footwear \*How to eliminate falls hazards from your home.

**Is this workshop for you?** Stepping On is designed specifically for anyone who: \*Is 65 or \*Has had a fall in the past year \*Is fearful of falling \*Lives at home \*Does not have dementia.

**Did you know?** \*More than one-third of people age 65 or older fall each year \*Falls are the leading cause of injury and hospitalization for trauma and death among older adults \*35% of people who fall become less active \*40% of people who enter a nursing home had a fall in the prior 30 days. This workshop will be every **Wednesday, 10:00 am to 12:00 pm, January 14, 2015 to February 25, 2015**. The workshop is sponsored by Holston Valley Medical Center, Acute Care Surgery services / Trauma. Sign up in the office.

## Table Tennis Tournament

Come join us for a table tennis tournament on **Wednesday, January 21, 2015** at 1:00 pm in the Gym. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 10 to sign up for tournament to be played. Deadline for sign up’s is Friday, January 16, 2015.

## Bowling for Turkeys

We would like to thank all our members for participating in our bowling for turkeys tournament on November 24, 2014.



# Daily Activities and Classes at the Center

**Monday**

Lap Swimming ~ 9:00~Aquatics Center  
SilverSneakers Classic~ 8:15 ~ Gym  
Open Woodshop ~ 8:30-3:00  
Massage Therapy ~ 9:00-3:00 ~ Multipurpose Room ~ (appointment only)  
Quilting ~ 9:00 ~ Room 303  
High Impact Aerobics ~ 9:15 ~ Gym  
Camera Club ~ Go to [www.scphotogroup.com](http://www.scphotogroup.com)  
Happy Day Singers ~ 9:45  
Clay, Beginning Hand building / Wheel Demonstration ~ 10:00 ~ Clay/Ceramic Studio  
Strength Training ~ 10:15 ~ Gym  
Knitting ~ 1:00 ~ Room 303  
Table Tennis ~ 1:00 ~ Gym  
Volleyball ~ 4:00 ~ Gym

**Tuesday**

Lap Swimming ~ 9:00~Aquatics Center  
Massage Therapy ~ 9:00-3:00 ~ Multipurpose Room ~ (appointment only)  
Zumba Fitness ~ 8:15 a.m.  
Open Woodshop– 8:30-3:00  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Room  
Strength Training ~ 9:30 ~ Gym  
Basket weaving ~ 10:00 ~ Room 303  
Renaissance Strings ~ 10:00 ~ Atrium  
Sing Along ~ 10:15 ~ Cafeteria  
Exercise for Everybody ~ 10:30 ~ Gym  
Beginning Dulcimer ~ 11:00 ~ Atrium  
Shuffleboard ~ 1:00 ~ Ceramics Hallway  
Pickleball ~ 1:00 ~ Gym  
Basketball ~ 4:00 ~ Gym  
Ballroom Video Class ~ 4:30pm ~ Room 302

**Wednesday**

Lap Swimming ~ 9:00~Aquatics Center  
SilverSneakers Classic~ 8:15 ~ Gym  
Tai-chi ~ 8:30 ~ Room 310  
Open Woodshop ~ 8:30-3:00  
High Impact Aerobics ~ 9:15 ~ Gym  
Clay, Intermediate / Advanced ~ 10:00 ~ Clay/Ceramic Studio  
Strength Training ~ 10:15 ~ Gym  
Intermediate Clogging ~ 11:15 ~ Room 302  
Hand and Foot Card Game ~ 12:30 ~ Card Room  
Belly Dancing ~ 1:00 ~ Room 302

Table Tennis ~ 1:00 ~ Gym

**Thursday**

Lap Swimming ~ 9:00~Aquatics Center  
Zumba Fitness ~ 8:15 a.m.  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Studio  
Woodcarving ~ 9:00 ~ Room 303  
Strength Training ~ 9:30 ~ Gym  
Beginning Clogging ~ 10:00 ~ Room 302  
Exercise for Everybody ~ 10:30 ~ Gym  
Intermediate Dulcimer ~ 11:00 ~ Atrium  
Beginning Belly Dance ~ 11:30 ~ Room 302  
Jam Session ~ 12:30 ~ Cafeteria  
Volleyball ~ 1:00~ Gym  
Shuffleboard ~ 1:00 ~ Ceramics Hallway  
Piano lessons ~2:00 ~ Multipurpose room (appointment only)  
Pickleball ~ 4:00 ~ Gym

**Friday**

Lap Swimming ~ 9:00~Aquatics Center  
SilversSneakers Classic~ 8:15 ~ Gym  
Genealogy Group ~ 9:00 ~ Computer Lab  
High Impact Aerobics ~ 9:15 ~ Gym  
Strength Training ~ 10:15 ~ Gym  
Pickleball ~ 1:00 ~ Gym  
Bridge Group ~ 1:00 ~ Card Room  
Mahjong ~ 1:30 ~ Multipurpose Room

**Saturday**

Basketball ~ 9:00 ~ Gym  
Table Tennis ~ 10:30 ~ Gym  
Exercise Room ~ 9:00-12Noon

**The senior center will be closed :**

New Years Day:  
Thursday, January 1, 2015  
and  
Martin Luther King Day:  
Monday, January 19, 2015

TRAVEL AND SPECIAL EVENTS	
<p><b>Beginning Dulcimer</b>– Tuesdays, January 6-March 24, 2015– Atrium– 11:00a.m.-Noon– Instructor: Sharon McCurry– FREE</p> <p><b>Learn the Basics of Social Ballroom Dancing</b>– Wednesdays, January 7-March 11, 2015– Room 302– 2:30p.m.-3:30p.m.– Limit 12 participants– Learn the basics of social ballroom dancing– how to move yourself– how to move with your partner– how to make a few simple steps like foxtrot, waltz and perhaps rumba or cha-cha – FREE– <b>Sign up now!</b></p> <p><b>Craft Day</b>– Wednesday, January 14, 2015– Room 303– 10:00a.m.-11:30a.m.– Facilitated by: Pat Snodgrass, Pauline Derting, Faye Thomas– FREE– <b>Sign up begins December 10. Please sign up by January 12.</b></p> <p><b>Come and try some mock pecan pie</b>– Wednesday, January 21, 2015– Lounge– 12:00p.m.-1:30p.m.– Cost: \$2.00 at sign up– Instructor: Theresa Connors– This is a program you won’t want to miss! A pecan pie made with pinto beans! <b>Sign up begins January 5.</b></p> <p><b>Lunch N Learn “Info on Cross Creek Apartments</b>– Thursday, January 22,2015– Room 239– 10:00a.m.-12:30p.m.– Sponsored by Cross Creek Apartments– Limit 50 participants– Free- Sign up now!</p> <p><b>Game Day– Board game “ticket to ride”-</b> Monday, January 26, 2015– Card Room– 12:30p.m.-2:00p.m.– Everyone welcome!- <b>Sign up now!</b></p>	<p><b><u>Beginning Drawing</u></b></p> <p>Friday, January 23, 2015 1:00p.m.-4:00p.m. Room 303 Cost: \$20.00 paid to instructor</p> <p>Instructor: Anne Thwaites</p> <p>Learn basics on how to draw</p> <p><b>Sign up now!</b></p> <p><b><u>Bob Ross Style Painting</u></b></p> <p>Wednesday, January 21, 2015 10:00a.m.-2:00p.m. Room 303 Cost: \$50.00 paid to instructor Jay Holdway <b>See example in display case. Bring your lunch.</b></p> <p><b>Sign up now!</b></p> <p><b><u>Cooking with Tracy</u></b></p> <p>Monday, January 12, 2015 Lounge 11:00a.m.-12:30p.m. Cost: \$2.00</p> <p><b>Sign up began December 12.</b></p>

TRAVEL AND SPECIAL EVENTS	
<p><b><u>Nancy’s Candy Company Tour of Factory and Lunch at Chateau Morrisette plus free Wine Tasting</u></b></p> <p>Wednesday, January 8, 2015 8:30a.m.-5:30p.m. Meadows of Dandridge, VA Cost: \$8.00 plus lunch on your own</p> <p>10% off purchase at candy store.</p> <p>Spots still available</p> <p>Menu available at sign up.</p> <p><b>Sign up began December 3.</b></p>	<p><b><u>Wohlfahrt Haus Presents: “Honky Tonk Angels”</u></b></p> <p>Thursday, January 15, 2015 Wytheville, VA 9:45a.m.-6:00p.m. (Approx) Cost: \$45.00 all inclusive</p> <p>The story of three country gals who meet on a bus on their way to Nashville is a bright, funny, spirit-filled show! Come with us on a rollicking and touching journey which celebrates the woman’s voice in Country music through the years. Accompanied by our WHDT band, this production features classic hits like “Stand By Your Man”, “Coal Miner’s Daughter”, “9 to 5”, “I’ll Fly Away” and many, many more.</p> <p>Few spots still available!</p> <p><b>Sign up began December 2.</b></p>
<p><b><u>OTLB: The Smokehouse</u></b></p> <p>Friday, January 23, 2015 Elizabethton, TN 10:00a.m.-2:00p.m.</p> <p>Cost: \$8.00 plus lunch on your own</p> <p>Menu available at sign up</p> <p>Spots still available</p> <p><b>Sign up began December 3.</b></p>	<p><b><u>Birthplace of County Music with Lunch at Quaker Steak and Lube</u></b></p> <p>Wednesday, January 28, 2015 Bristol, VA 9:30a.m.-3:00p.m. Cost: \$16.00 for transportation and Museum</p> <p>Lunch on your own-Menu available at sign up.</p> <p>Spots still available</p> <p><b>Sign up began December 1.</b></p>



# Your Page

## FROM THE DANCING CORNER

### JANUARY DANCE AT THE RENAISSANCE CENTER

The January dance will feature *SHOOTER* band. Come out and welcome this group on FRIDAY evening, January 9, 2015. Line dancing will begin at 6:30 PM with the band starting at 7:00 PM. Admission is \$5.00 per person.

SHOOTER is a 4 piece band with three part

harmonies on every song.

Formerly known as Old Dogs-New Tricks, they continue to spread the joy of music!

SHOOTER BAND is made up of two brothers, Frank and Wes Perry, Robert Regenold, and Keith

Oliver. They are one of the strongest country / rock bands in the East Tennessee Area and will play a varied group of musical selections and genres that should satisfy everyone. Come out and enjoy the music and dancing!

## Massage Therapy

Mondays and Tuesdays

9:00a.m.-3:00p.m. with Barbara Keesecker

call 423 - 735-7475

30 minute massage

Cost: \$20.00

Call to schedule appointment

Don't forget to "Like" our facebook page! Facebook is a great way to find out about upcoming events as well as see what's happening at the Kingsport Senior Center daily!

## Kingsport Senior Center Advisory Council Members:

- |                         |                  |
|-------------------------|------------------|
| Bruce Shine (Chairman)  |                  |
| Bob Winstead(Secretary) |                  |
| Jean Chang              | Norma Livesay    |
| Carmon Moix             | Lester Pridemore |
| Don Royston             | Carol Woodard    |



NEWS TO USE	
<p><b><u>Food Drive:</u></b> <b><u>Second Harvest Food Bank of</u></b> <b><u>NorthEast Tennessee</u></b></p> <p>Food barrels will be placed in front hallway of the Senior Center during the months of November, December and January.</p>	<p><b><u>Recipe of the Month</u></b></p> <p><b><u>Crockpot lasagna soup</u></b></p> <p>1 lb ground beef 3 cups beef broth 4-5 cloves garlic minced 1 tbsp dried parsley 1 tbsp dried basil 1/2 cup chopped onion 1, 28 oz can diced tomato 1, 6 oz can tomato paste 1 cup V8 juice 2 cups uncooked shell pasta 1/4 tsp salt-1/4 tsp pepper 1 cup water</p> <p>1.Mix together can of tomatoes and tomato paste in crockpot 2.Next add broth, beef, garlic, parley, basil, onion, V8, and salt and pepper. 3.Cover and cook on low 7-8 hours or high 4-5 hours. 4.When 30 minutes are left add 1 cup of water and noodles. Stir to combine. Put lid back on and cook 30 more minutes. 5.Serve and top with cheese.</p>
<p><b><u>“S.M.I.L.E” Volunteer Meeting</u></b></p> <p>Thursday, January 8, 2015 Room 239 2:00p.m.-3:00p.m.</p> <p>This meeting will be held every second Thursday of each month.</p>	
<p><b><u>Crochet Class</u></b></p> <p>Tuesday’s beginning on Tuesday, January 13. 6 week class. Lynn View Community Center with instructor Susan Egan</p> <p>Beginner class– 10:00-11:00a.m.– Need size H hook and skein of worsted weight #4 yarn, like red heart super saver. Intermediate Class– 11:30a.m.-12:30p.m. – Need H hook and #4 yarn will start sampler afghan.</p> <p>\$20 per person. Limit 6 in each class.</p>	



**Computer Class Schedule**

**Skype 101**– Saturday, January 17– Card Room– 9:30a.m.-11:30a.m.– Instructor: Jamie Cyphers– Cost: \$10.00 paid to instructor– Please bring your device with you to class– limit 15 people- **Sign up now!**

**PowerPoint**– Tuesday, January 20– Computer Lab – 5:00p.m.-6:30p.m.– Instructor: Theresa McMahan – FREE–limit 10 people- **Sign up now!**

**Basic Computer**– Tuesday’s January 6, 13, 20, 27, Feb 3, 10– 1:00p.m.-3:30p.m.– Cost \$25.00

**Microsoft Word**– Tuesday’s Feb 24 and March 3, 10, 17– 1:00p.m.-3:30p.m.– Cost: \$25.00

***Taking request for PowerPoint, Excel, Internet Security and Ebay. Put you r name on the request list in the front office. If enough people request then class will be scheduled.***



**Thank you to all our wonderful volunteers!**

**Manicures**

Tuesday, January 13, 2015  
Multipurpose Room  
11:30a.m.-2:00p.m.  
Cost: \$2.00

Dobyns-Bennett cosmetology students

**Sign up begins December 8.**

**KARAOKE:  
Tuesday, January 20, 2015**



**SMILE: Volunteers Wanted**

- (See Michelle if interested)
- Library Book Day
  - Volunteer Instructors
  - Welcome Center: Tour guides/Greeters for Center
  - Exercise Room
  - Entertainment
  - Program Liaison
  - Computer Lab
  - Nutritional Assistant

**Attend SMILE meeting- Thursday, January 8  
at 2:00 in Room 239.**

**Library Book Day  
Thursday, January 22, 2015**

# Winter Session Classes 2014

Classes begin week of January 5, 2015—week of March 23, 2015, unless otherwise noted.

**Aerobics**

- Monday, Wednesday, Friday (ongoing)
- Time: 9:15am - 10:00am
- Location: Gym
- Instructor: Terri Farthing
- Lo-hi Impact Aerobics

**Ballroom Video Class**

- Tuesday
  - Time: 4:30pm - 6:00pm
  - Room 302
- No instructor, practice on own

**Basic Photography**

- Tuesday and Thursday
- Beginning January 6– January 29, 2015
- 3:00p.m.-5:00p.m.
- Instructor: Claude Kelly
- Location: Room 230
- Sign up begins December 8th; sign up by January 2nd.

**Basket weaving**

- Tuesday
- Time: 9:00am-12:30pm
- Location: Room 303
- Instructor: Lynne Bowers

**Belly Dance for Beginners (Women Only)**

- Thursday
- Time: 11:30am-12:30pm
- Location: Room 302
- Instructor: Angela Price

**Belly Dancing - (Women Only)**

- Wednesday
- Time: 1:00pm
- Location: Room 302
- Instructor: Angela Price
- Great for your abdominals

**Camera Club**

Please visit website for meeting times.  
Instructor: Claude Kelly  
Website: [www.scphotogroup.com](http://www.scphotogroup.com)

**Ceramics**

- Tuesday and Thursday
- Time: 9:00am - 11:00am
- Location: Ceramic/Clay Studio
- Instructor: Mary Lamson
- Please remember your annual \$10 firing fee**

**Clay (Intermediate Handbuilding)**

- Monday Beginning Jan 5 - March 30, 2015
- Sign up starts December 15th
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Aleta Chandler
- Fee: \$30.00, plus \$10.00 firing fee
- Limit 16 people.
- Pay at signup; no refunds

**Clay (Intermediate Hand building)**

- Wednesday beginning Jan 7 – April 1 ,2015
- Sign up starts December 15th.
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Aleta Chandler
- Fee: \$30.00, plus \$10.00 firing fee
- Limit 16 people.
- Pre-requisite must have taken beginning hand building.

**Clogging - (Beginning)**

- Thursday
- Time: 10:00am-11:30am
- Location: Room 302
- Instructor: Angela Price
- Must have 8 new beginners
- Sign up in office

**Clogging - (Intermediate)**

- Wednesday
- Time: 11:15am
- Location: Room 302
- Instructor: Angela Price

**Dulcimer (Beginners)**

- Tuesday
- Time: 11:00am
- Location: Atrium
- Instructor: Sharon McCurry
- Learn to play this beautiful Instrument

**Intermediate Dulcimer**

- Thursday
- Time: 11:00am
- Location: Atrium
- Instructor: Mark Farmer

**Exercise for Everybody**

- Tuesday & Thursday
- Time: 10:30am
- Location: Gym
- Instructor: Kevin Lytle

# Winter Session Classes 2014

<p><b>Happy Day Singers</b></p> <ul style="list-style-type: none"><li>Monday</li><li>Time: 9:45am</li><li>Inspirational singing at nursing homes</li></ul> <p>Any member wanting to participate meet outside the senior center office each Monday at 9:00 a.m. we travel by bus to the location where we are scheduled to sing.</p> <p><b>Jam Session</b></p> <ul style="list-style-type: none"><li>Thursday</li><li>Time: 12:30 noon</li><li>Location: Cafeteria</li><li>Bring your instrument and play with the group, dance or just enjoy the music!</li></ul> <p><b>Karaoke</b></p> <ul style="list-style-type: none"><li>3rd Tuesday each month</li><li>Time: 4:00pm</li><li>Location: Cafeteria</li><li>Bring a snack</li></ul> <p><b>Knitting Class</b></p> <ul style="list-style-type: none"><li>Monday</li><li>Time: 1:00 - 3:00pm</li><li>Location: Room 303</li><li>Instructor: Barbara White</li><li>All skill levels</li></ul> <p><b>Lap Swimming</b></p> <ul style="list-style-type: none"><li>M-F</li><li>Time: 8:00am-11:00am</li><li>Location: Aquatics Center</li><li>No instructor, lap swimming</li><li>Locker room and warm water pool available for use.</li></ul>	<p><b>Mahjong</b></p> <ul style="list-style-type: none"><li>Friday</li><li>Time: 1:30pm</li><li>Location: Multipurpose Room</li><li>Instructor: Jean Chang</li></ul> <p>Beginners to Advanced players Welcome.</p> <p><b>Mini Cardio Exercise Class</b></p> <ul style="list-style-type: none"><li>Tuesday &amp; Thursday</li><li>Time: 8:45am - 9:15am</li><li>Room: 302</li><li>Instructor: Roger Hixson</li></ul> <p><b>Piano Lessons</b></p> <ul style="list-style-type: none"><li>Thursdays</li><li>Time: 2:00pm-4:00pm</li><li>Room: Multipurpose Room</li><li>Instructor: Freda Karsnak</li><li>Fee: \$15.00 paid to instructor</li><li>Call to schedule appointment 423-292-2711</li></ul> <p><b>Quilting</b></p> <ul style="list-style-type: none"><li>Monday</li><li>Time: 9:00am - 10:30am</li><li>Location: Room 303</li><li>Instructor: John Plutchak</li></ul> <p><b>Renaissance Strings</b></p> <ul style="list-style-type: none"><li>Tuesday</li><li>Time: 10:00am - 11:00am</li><li>Location: Atrium</li><li>Instructors: Mark Farmer</li></ul> <p><b>Rook</b></p> <ul style="list-style-type: none"><li>Tuesday</li><li>4:00pm</li><li>Card Room (Bring snack to share)</li></ul>	<p><b>SilverSneakers Classic</b></p> <ul style="list-style-type: none"><li>Monday, Wednesday &amp; Friday</li><li>Time: 8:15am - 9:00am</li><li>Location: Gym</li><li>Low Impact Aerobics</li><li>Instructor: Terri Bowling</li></ul> <p><b>Strength Training</b></p> <ul style="list-style-type: none"><li>Monday, Wednesday &amp; Friday</li><li>Time: 10:15am - 11:00am</li><li>Location: Gym</li><li>Instructor: Terri Farthing</li></ul> <p><b>Strength Training</b></p> <ul style="list-style-type: none"><li>Tuesday, Thursday</li><li>Time 9:30am - 10:30am</li><li>Location: Gym</li><li>Instructor: Kevin Lytle</li></ul> <p><b>Tai-Chi</b></p> <ul style="list-style-type: none"><li>Wednesday</li><li>Time: 8:30am</li><li>Location: Senior center, Room 310</li><li>Instructor: Hang Lei</li></ul> <p><b>Woodcarving</b></p> <ul style="list-style-type: none"><li>Thursdays</li><li>Time: 9:00am - 12:00 noon</li><li>Location: Room 303</li><li>Beginners welcome</li></ul> <p><b>Woodshop</b></p> <ul style="list-style-type: none"><li>Monday, Tuesday, Wednesday</li><li>Time: 8:30am-3:00pm</li><li>Location: Woodshop</li><li>Volunteer Instructors</li><li>Complete woodshop. <b>Safety test Required, given 1st Monday of each month at 9 am.</b></li></ul> <p><b>Zumba</b></p> <ul style="list-style-type: none"><li>Tuesday and Thursday</li><li>Time: 8:15am</li><li>Location: Gym</li><li>Instructor: Terri Bowling</li></ul>
--	--	---

# Winter 2014 BRANCH SITE SCHEDULE

***New class schedule begins week of January 5th unless otherwise noted.***

**Core Conditioning**

- Monday and Wednesday
- Time: 9:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

**Beginning Crochet (January 13)**

- Tuesday
- 6 week class
- 10:00-11:00
- Instructor: Susan Egan
- Location: Lynn View Branch Site
- \$20.00
- Must be right handed, call for materials list. 765-9047

**Intermediate Crochet (January 13)**

- Tuesday
- 6 week class
- Instructor: Susan Eagan
- Location: Lynn View Branch site
- 11:30-12:30
- \$20.00
- Bring your own pattern

**Intermediate/Advanced Drawing**

- Tuesday
- Time: 10:00-12:00
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Must have taken the beginning class or have permission of the instructor

**Line Dance - Beginning**

- Monday
- Time: 11:30am - 12:30pm
- Location: Renaissance Center Gym
- Instructor: Lyna Faye McConnell
- 

**Line Dance - Intermediate**

- Monday
- Time: 12:45pm –1:45pm
- Location: Renaissance Center Gym
- Instructor: Lyna Faye McConnell
- Faster-paced, less instruction for advanced dancers.

**Advanced Yoga**

- Tuesday and Thursday
  - Time: 11:00am - 11:30am
  - Location: First Broad Street UMC Rec. Room
  - Instructor: Tish Kashdan
- Private Personal Training with Chris**
- Call for appointment ~ 723-9967
  - Call for prices
  - Instructor: Chris Hicks

**Artist and Crafters Monthly Breakfast**

- 2nd Wednesday \*NOTE DATE CHANGE
- 9:30am
- Lynn View Branch Site
- Please call for reservation 765-9047

**Yoga**

- Tuesday and Thursday
- Time: 11:30am - 12:30pm
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

**SilverSneakers Muscular Strength and Range of Movement**

- Monday and Wednesday
- Time: 10:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

**Piloxing**

- Tuesday and Thursday
- Time: 9:30am
- Location: Colonial Heights Baptist Church
- Instructor: Terri Bowling
- This class is a combination Pilates and kick boxing and is an intense workout.

**Total Body Workout**

- Monday and Wednesday
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2
- Instructor, Terri Bowling

**Game Day**

- 3rd Monday of Month
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: TBA
- Sequence and variety of board games

**Pickleball**

- Monday and Wednesday
- Time: 10:00pm - 12:00pm
- Lynn View Branch Site

**Silver Sneakers Yoga**

- Wednesday
- Time: 11:00am
- Location: Colonial Heights (Sept 3) Baptist Church
- Instructor: Darlene Taylor

**Indoor Walking**

- Monday - Friday
- Time: 9:00am - 12:00 noon
- Location: Colonial Heights Baptist Church walking track
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

**Silver Sneakers Yoga**

Monday and Wednesday  
Time: 11:00  
Location: Lynn View Branch Site  
Instructor: Chris Hicks

**Artists Wanted**



The Kingsport Senior Artisan Center is looking for a few new original artists to display and sell their work in our Artisan Center. Unique, original, hand made items will be considered. Please call for information.

Cindy at 423 392-8402 or 423-765-9047.

Visit our website

[www.kingsportseniorartisancenter.com](http://www.kingsportseniorartisancenter.com)

And like us on Facebook

<div data-bbox="110 475 681 615">  <p><b>Kingsport</b> <b>Adult Education</b></p> </div> <p>Kingsport Adult Education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400. All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.</p> <p><b>JOB SKILLS</b></p> <div data-bbox="124 1174 514 1442">  </div> <p><b><u>21ST CENTURY JOB SEEKING *NEW</u></b></p> <ul style="list-style-type: none"> <li>• 8 weeks</li> <li>• Fee \$100</li> <li>• Instructor: TBA</li> <li>• Wednesday 6:00pm - 8:00pm</li> <li>• Location: Computer Lab, Senior Center</li> <li>• Will cover, computer basics, job search skills, resumes, cover letters, common requirements and the interview</li> </ul> <p><b><u>2008 National Electric Code (Commercial) Begins September 22</u></b></p> <ul style="list-style-type: none"> <li>• 8 Weeks</li> <li>• Fee: \$75</li> <li>• Monday 6:00pm - 8:00pm</li> <li>• Instructor: Chris Ferrell, Electrical Inspector</li> <li>• Location: Renaissance Center Cafeteria</li> </ul> <p><b><u>2008 National Electric Code (Residential) Begins January 26</u></b></p> <ul style="list-style-type: none"> <li>• 8 Weeks</li> <li>• Fee \$75</li> <li>• Monday 6:00pm-8:00pm</li> <li>• Instructor: Chris Ferrell, Electrical Inspector</li> <li>• Location: Renaissance Center Cafeteria</li> </ul>	<p><b><u>Beginning Heating Ventilation and Air Conditioning Certification Preparation</u></b></p> <ul style="list-style-type: none"> <li>• Part I</li> <li>• 10 Weeks</li> <li>• Fee: \$165</li> <li>• Tuesday 6:00pm - 9:00pm</li> <li>• Instructor: Jim Dotson</li> <li>• Location: Multipurpose Room, Renaissance Center</li> </ul> <p>There will be one more 10 week session following this class. Upon completion of all three sessions you will be prepared to take your certification test. Must have a minimum of 5 students. Must pre-register.</p> <p><b><u>CULTURAL/ARTS/CRAFTS</u></b></p> <p><b><u>Card Making Workshop</u></b></p> <ul style="list-style-type: none"> <li>• Instructor: TBA</li> <li>• Fee: \$10/includes materials</li> <li>• Location: Lynn View Community Center</li> </ul> <p>You will make five cards and take materials home to make five additional cards.</p> <p><b><u>Beginning Chinese Class</u></b></p> <p>Wednesdays 11 classes 3:45 P.M. Instructor: Jean Chang Fee:\$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p>Wednesdays 11 classes 4:45 p.m. Instructor: Jean Chang Fee:\$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p><b><u>Intermediate Chinese Class</u></b></p> <p>Wednesdays 11 classes 5:15 P.M. Instructor: Jean Chang Fee: \$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p><b><u>HEALTH/EXERCISE</u></b></p> <p><b><u>Personal Training with Chris</u></b></p> <ul style="list-style-type: none"> <li>• Instructor: Chris Hicks</li> <li>• Available by the hour or as package</li> <li>• Contact Chris (423-741-5643)</li> </ul>	<p><b><u>***Pound Fit</u></b></p> <ul style="list-style-type: none"> <li>• 6 weeks</li> <li>• \$30</li> <li>• Instructor: Darlene Taylor</li> <li>• Tuesdays 5:30</li> <li>• Location: Renaissance Center Gym</li> </ul> <p>Exciting new aerobic exercise class using pound drum sticks. Drum sticks will be available for purchase</p> <p><b><u>Zumba Fitness</u></b></p> <ul style="list-style-type: none"> <li>• 6 weeks</li> <li>• \$25 fee per session</li> <li>• Thursday, 5:15pm</li> <li>• Instructor: Becky Mills</li> <li>• Location: Lynn View Community Center, Cafeteria</li> </ul> <p><b><u>Piloxing</u></b></p> <ul style="list-style-type: none"> <li>• Tuesday, 6:00pm</li> <li>• Instructor: Becky Mills</li> <li>• Limited to 15 participants</li> <li>• Location: Kingsport Renaissance Center</li> <li>• \$30.00 payable first night of class</li> </ul> <p><b><u>DANCE CLASSES</u></b></p> <p><b><u>Beginning/Intermediate Line Dance</u></b></p> <ul style="list-style-type: none"> <li>• 8 weeks class</li> <li>• Fee: \$25</li> <li>• Instructor: Lyna Faye McConnell</li> <li>• Thursday, 6:30pm - 8:30pm</li> <li>• Location: Lynn View Community Center</li> </ul> <p><b><u>Salsa Dance</u></b></p> <ul style="list-style-type: none"> <li>• 4 week class (8 classes)</li> <li>• Tuesday and Thursday</li> <li>• Time: 1:30pm</li> <li>• Room 302, Renaissance Center</li> <li>• Instructor: BJ Goliday</li> <li>• Fee: \$20 per person paid to instructor</li> </ul> <p>* Call for starting dates where not listed.</p>
--	---	--



# *Did You Know??*

- 1. The Coca-Cola brand is worth an estimated \$74 billion.**
- 2. Michael Jackson holds the Guinness World record for highest-earning deceased artist.**
- 3. Crafting ceases stress and increases happiness.**
- 4. Falling icicles kill about 100 people per year in Russia.**
- 5. The song Jingle Bells was originally written for Thanksgiving.**
- 6. Depression stops your chemical ability to enjoy life.**
- 7. To avoid bad bacteria in the shower, you should let it run for awhile before you get in.**
- 8. On average a soccer player runs as far as 9.5 miles in a single match.**
- 9. Having to work hard for food makes it taste better.**
- 10. Airplane blankets are only washed every 5-30 days.**
- 11. 80% of plane crashes occur within 3 minutes of taking off and 8 minutes before landing.**
- 12. Eating more carrots and tomatoes can give you a healthy looking tan.**
- 13. Rain drops are shaped like hamburger buns not teardrops.**
- 14. Ronal Regan was a lifeguard in high school and saved 77 lives.**
- 15. In colonial times, lobster were considered "poverty food" reserved for prisoners.**
- 16. Dolphins give names to each other.**
- 17. Fruit flavored snacks are often made with the same wax used on cars.**
- 18. UPS trucks do not have air conditioning which is why they drive with open doors.**
- 19. A moderate jogging habbit can add about 3 years to your life.**
- 20. You can sharpen dull scissors by cutting into aluminum foil a few times.**
- 21. UPS trucks do not turn left.**
- 22. Bananas are somewhat radioactive.**



# Kingsport Senior Center

Presents a Fabulous Trip To

## Amish Country

### Your 5 Day/4 Night Package Includes:

4 Nights Hotel Accommodations

4 Breakfasts at your Hotel

Welcome Reception at your Hotel

4 Dinners Including 1 Amish Style Hearty Supper

Guided Tour of Amish Acres

*Taking you deep into the heart of the oldest Amish community in the world,  
as well as some of the most beautiful farmland you'll ever set eyes upon.*

**Broadway Musical in the Majestic Round Barn Theatre**

**Enjoy a House Seats Insights Tour**

*Learn about the unique 1911 Round Barn Theatre as you sit front row in a private session with the theatre's talented Artistic Director. Hear about the dismantling and reconstruction of the round barn into a state-of-the-art theatre and learn how current productions get finalized and ready for opening.*

**Enjoy Shopping at Amish Acres and Borkholder Dutch Village**

*You will find Amish quilts, crafts and furniture as well as fresh  
produce, cheese, meats, baked goods and more!*

**Renfro Retro Revue 50's & 60's Live Show** (Subject to change)

*The Renfro Valley cast of entertainers will take you back in time performing hits from the  
1950's and 1960's, plus dancing, comedy and more!*

**Admission to the Kentucky Horse Park**

*Horses of all shapes and sizes are awaiting you at the Horses of the World Barn where there are many unique  
and rare breeds that are presented in daily summer shows along with breeds of horse that may  
be more familiar to the American public, and breeds that are special to Kentucky.*

**Guided Touring of Sugarcreek, OH**

Standard Taxes, Meal Gratuities and Baggage Handling,  
Motor Coach Transportation

**For Information and/or Reservations, Please Contact:**

**Shirley Buchanan @ 423-392-8403**

**Trip Date:** May 11 – May 15, 2015

**Price:** \$685.00 Per Person – Double Occupancy

**Travel Protection:** Travel Protection can be purchased at \$79.00/person – Double Occupancy. If you wish to  
purchase Travel Protection, please send in a separate check made payable to PML Travel & Tours.

Travel Protection should be purchased at the time of your initial deposit to ensure full benefits.

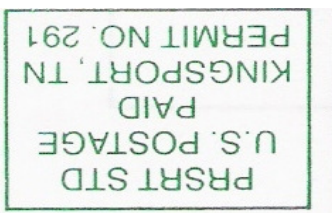
Fuel surcharges by all transportation companies may be assessed.



\$100 deposit due by February 1<sup>st</sup>

Final payment due March 20<sup>th</sup>

Sign-up Now!



**Kingsport Senior Center  
1200 E. Center Street  
Kingsport, TN. 37660  
Phone: 423-392-8400**

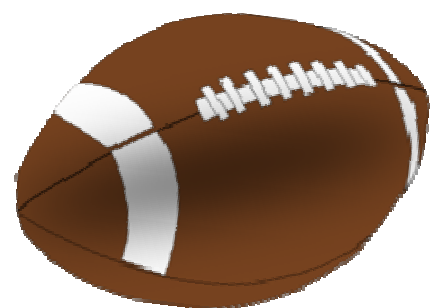
# "Souper" Bowl Party!

Friday, January 30, 2015

12:30p.m.-1:30p.m.

Cafeteria

Cost: Bring soup for soup contest!



Wear your favorite team t-shirt!

Test your knowledge during the  
NFL Trivia Game!

*Sign up begins January 5!*